

Available online at www.sciencedirect.com**SciVerse ScienceDirect**

Procedia - Social and Behavioral Sciences 84 (2013) 1063 – 1066

Procedia
Social and Behavioral Sciences

3rd World Conference on Psychology, Counselling and Guidance (WCPCG-2012)

Compare happiness, psychological tenacity, and sensation seeking among athletes and no athletes

Nader Hajloo ^{a *}, Hana Pezeshki ^b^aAssistant prof. Dept. of psychology University of Mohaghegh Ardabili, Ardabil.I.R.,Iran^bBD General Psychology, Mohaghegh Ardabili University, Ardabil, I.R.,Iran

Abstract

Find the personality profile of athletes is one of the most important topics of research in psychological studies in the field of sports. This study compared the expression of happiness, psychological hardiness, and sensation seeking among both athletes and no athletes in men and women that were living in the Sanandaj and Ardabil city. Therefore, 200 athletes (100 women, 100 men) and 80 no athletes (40 females, 40 males) were selected using random sampling and were studied with causal- comparison method. Required information was collected using the Oxford happiness questionnaire, psychological hardiness scale, and Arnett's sensation seeking scale, and were analyzed using multivariate analysis of variance. Results showed that levels of happiness, athletics psychological hardiness, and sensation seeking were more than non-athletes. According to the results of this study can be said exercise, increasing hardiness and happiness and satisfy excitement.

© 2013 The Authors. Published by Elsevier Ltd. Open access under [CC BY-NC-ND license](http://creativecommons.org/licenses/by-nc-nd/3.0/).

Selection and peer-review under responsibility of Prof. Dr. Huseyin Uzunboyulu & Dr. Mukaddes Demirok, Near East University, Cyprus

Key words: happiness, psychological hardiness, sensation seeking, athlete ;

1. Introduction

One of the main goals of psychology science is the criterion determination of mental health and mental disorder. However, previous research in the sport psychology field showed sport and physical activity is one of effective ways to prevent mental disorders and improve them. The researchers found that exercise improves mental states and happiness sense in athletes through increase in skill sense, control success and social respect (Alizadeh,2002). Farahani, Saiah, Heidary and et al (2011) showed that there is a significant relationship between exercise and happiness and the happiness factors. Hemayatlab, Bazazan and Lahmi, (2003) displayed that group of athletes had Self-esteem, Satisfaction, efficiency, positive mood, mental health and generally high happiness in comparison non athletes. Neshat dost, Kalantari, Mehrabi and et al (2009) reported that sport causes the happiness. Ben mac convill (2003) has introduced the nine factors in creating happiness and mental health in which exercise and physical activity are the most important.

Among other variables can be considered in athletes and non athletes is sensation seeking. Kajtna, Tusak and Burnik (2004) discovered people who participate in high-risk sports had high sensation seeking than low-risk and

* Corresponding author. Tel.: 00989143177974; fax: 00984523222953

E-mail address: hajloo53@yahoo.com

non athletes. Babbitt, Rowland and Franken's researchs results (1988) showed sensation seekers during time have more tendency to involvement and participation in various sports activities. Also, between sensation seeking and sports participation with risk has positive and weak correlation. Boutcher (1996) has proved that female athletes gain higher score as sensation seeking than non-athletes. Samadzadeh, Abbasi and Shahbazzadegan (2011) considered professional and amateur athletes and non athletes and found professional athletes have low anxiety and depression because of more Self-esteem and sensation seeking and this result in further happiness. In addition, psychological hardiness can be examined in athletes and non athletes. Hardiness is personality features that have resistance source against life events and stress resistance. The researchers proved athletes have more hardiness (Salehinezhad and Besharat; 2010, Abolghasemi and Kiamarsi; 2006).

The hardiness is effective in improving fitness and mental health (Ramzi and Besharat, 2010). As can be seen, conducted research shows that exercise has a positive effect on psychological characteristics. Nevertheless, the opinions about the exercise type and its effectiveness is controversial. The purpose of this study is to compare the athletes and non athletes in terms of happiness, hardiness, sensation seeking variables so as to investigate the effect of exercise on the psychological characteristics.

2. Method

2.1. Statistical society, Sample and sampling method

In the present paper, the research method was causal – comparison. The participants of present study consisted of 280 people (200 athletes and 80 non athletes), in age 20-40 years, from Sanandaj and Ardebil cities. The sampling was done randomly. A statistical technique for analysis was multi-variable variance. Instruments for data collection were: Oxford happiness index, Ahvaz's hardiness inventory and Arnet Sensation seeking scale.

2.2. Measures

Oxford happiness index: This inventory contains 28 questions. The inventory graded from 0 to 3, respectively. The total score in the scale is from 0 to 87. Kar (2004), Arjil, Martin and Kraslnd (1989) alpha coefficient of 90% and also Fornham and Broing (1990) 87% reported (According to Abolghasemi, 2007).

Ahvaz's hardiness inventory: This test has been prepared and proved by Kiamarsi (1999). The test has 27 questions that consist of four options (never, rarely, sometimes and often) to be answered. Also, questions of 6, 7, 10, 13, 17 and 21 reversely are graded. In this inventory, Cronbach's alpha reliability coefficient of 76%, and retest method of 84% have been reported (According to Abolghasemi, 2007).

Arnet Sensation seeking scale: This scale consists of 20 articles in two intensity and novelty subscales. The grading of the scale is "to describe me very well, to describe me somewhat, does not describe me well, does not describe me at all". Six options are negative to be avoided confirmation error. The total internal reliability of the scale has been reported by Arent (1993) 0/7, intensity and novelty subscale of 0/64 and 0/50, respectively. Poor Faey and et al (1998) achieved between this scale and Zuckerman scale the correlation of 0.35 to 0.50 (According to Abolghasemi, 2007).

3. Results

Descriptive indexes of the variables in this paper include mean and standard deviation of hardiness, happiness and Sensation seeking scores, in non athletes (46.68, 5.6), (43.28, 6.606), (31.61, 5.331) and athletes (56.04, 6.852), (55.11, 8.365), (40.31, 6.241), respectively. To investigate the non athletes and athletes difference such as happiness, hardiness and Sensation seeking was used MANOVA.

As the results, there were significant difference in happiness, hardiness and Sensation seeking between athletes and non athletes ($\Lambda = 0.51$, $F_{(3, 274)} = 81.86$, $P < 0.01$, $\eta^2 = 0.48$). According to results of Levin test, variance of each of the variables are homogeneous ($P > 0/05$). The difference between the study groups in each of the variables was considered by ANOVA variance analysis (table 1).

Table 1. Results of univariate tests

Dependent variable	F	P	η^2
Hardiness	117.92	0.001	0.29
Happiness	132.97	0.001	0.32
Sensation seeking	127.34	0.001	0.31

When athlete compared with non athletes revealed that the happiness, hardiness and sensation seeking level are higher in athletes than non athletes ($F_{(1, 276)} = 117/92, 132/97, 127/34$; $p_s < 0/01$).

4. Discussion

The present study found that individuals who participate in exercise and sports activities have higher happiness in comparison with non athletes. The results obtained are in agreement with previous studies. For example, Ben, Mac,Convill, 2003; Brosnuhan, 2004; Farahani, 2011; Neshat dost et al 2010, examining athletes and non athletes, found the higher happiness and Sensation seeking was implicated in athletes than non athletes. Physical activity leads to improve mental health and increase happiness (Cooper, 1990; Benton and Thirlaw, 1997). Godarzi and Hemayattalab (2004) concluded that athletes have more self-esteem, Efficiency, positive mood and mental health. In other word, there is higher happiness in athletes McAule, and Courneya (1994) and Rejeski and Brawley (1996) proposed exercise and sport is a factor in discharge of individuals' Sensation seeking and psychological comfort. Additionally, these results are in good agreement with results of Boutcher (1996), Babbitt, Rowland and Franken (1988), Hartman and Rawson (1991), Freixanet (2004), Jeffrey, christopher and Jonathan (2002), Pritchard, Milligan, Elgin and Shea (2007), Kajtna, Tusak and Burnik (2004), Jack and Ronan (1988), Narimani, Gaffari, Aboulghasemi and Ganji (2007).

Also, athletes were found to score higher than non athletes on hardiness. This result is according to several researches indicated hardiness is personality an important variable and lead to sports success. Individuals with high hardiness have higher mental control and resistance to problems (Zarar, 2006; Abolghasemi, 2007; Ramzi and Besharat, 2010; Salehinezhad and Besharat, 2010).

The motivation for comfort, joy and vitality, generally, is a criterion for mental health. The regular and continues physical activity role in lifestyle improvement, mental health and happiness is evident. Coppersmith suggest in athletes is higher sensation seeking stability and self-esteem and have positive imaginations of themselves and their life and also their personality factors such as hardiness is prominently developed.

References

- Abolghasemi, A., Narimani, M. (2007). *Psychological tests*. Ardabil: BagheRezvan publications. (Persian)
- Abolghasemi, A., Kiamarsi A. (2006). *Psychological hardiness*. Tehran: Azad University Publications. (Persian)
- Alizadeh, A. (2002). *Comparing the public health aspects in relation to athletes and non athlete students of Shiraz University and its interaction with gender*. Master of sciences thesis, Iran: Shiraz University. (Persian)
- Boutcher, S. (1996). Emotion and aerobic. *Journal of sport & Exercise psychology*. 15: PP: 799- 814.
- Ben, Mac,Convill. (2003). Revealed: nine ways to find your inner happiness. *Personality and individual differences*. 17: 52-65.

- Benton & Thirlaw, K. (1977). Participation in physical activity and cardiovascular fitness has different effects on mental health and mood. *Journal of psychosomatic research*.17:46-51.
- Brosnuhan, M. & et al. (2004). The relation between physical activity and mental health among Hispanic and non- Hispanic white adolescents. *Arch pediatric Adolescents Med*.158(8), P:818-823.
- Cooper, K. (1990). *Aerobic program for total well being*. Bantam books Toronto.
- Farahani, M. J., Saiah, A., Heidary, A., Nabil, M. (2011). The Relationship Between Happiness Dimensions And Athletic Performance In The Male High School Student In Ijrood. *Procedia Social and Behavioral Sciences*. 15: 382–383.
- Godarzi, M., Hemayattalab, R. (2004). Studying of happiness level in male and female athlete students of Tehran Un. *Sports sciences journal*, (25): 43-52. (Persian)
- Godarzi, M., Hemayattalab, R. (2008). Comparison of happiness factors in individual and team athletes of Tehran University. *Sports sciences journal*, (15):57-66. (Persian)
- Hemayattalab, R., Bazazan, S., Lahmi, R. (2003). Comparison of happiness and mental health of female athletes and non athletes students of Tehran and Payamnor University. *Sport Journal*, (18): 43-52. (Persian)
- Jeffrey A. Joireman, Christopher S. Fick, Jonathan W. Anderson. (2002). Sensation seeking and involvement in chess. *Personality and Individual Differences*.32:509-515.
- Kajtna, Tanja. Tusak, Matej. Burnik, Stojan. (2004). *Sensation seeking in high – risk sports athletes*. Faculty of Sport, University of Ljubljana, ISSN 1318-2269.
- Mohamadamin, Z. (2006). *Studying of psychological hardiness, thinking styles, social skills and academic achievement of non athlete and athlete students*. Master of sciences thesis, Mohaghegh Ardebili, literature and humanities science faculty. (Persian)
- Gomà, M., & Freixanet, I. (2004). Sensation seeking and participation in physical risk sports. *On the psychobiology of personality*.11:185-201.
- Mikel, I. Hartman and Harve E.Rawson. (1991). Differences in and correlates of sensation seeking in male and female athletes and nonathletes. *Personality and individual differences*.13:805-812.
- McAuley, E., & Courneya, K.S. (1994). The subjective exercise experience scale (SEES): Development and preliminary validation. *Journal of sport & Exercise psychology*, 16:163-177.
- Mary, E. Pritchard, Bree Ann Milligan, Jenna Elgin, Pual Rush, and Maureen Shea. (2007). Comparisons of Risky health bahaviors between male and female college athlete and non athletes. *The online journal of sport psychology*. 9 :67- 74.
- Narimani, Mohamad; Gaffari, Mozafar; Aboulghasemi Abbas and Ganji, Masood. (2007). Comparison of ego-discovery and sensation seeking in amateur and professional athletes. *Sports sciences journal*, (9): 137-149. (Persian)
- Neshat dost, Hamid; Kalantari, Mehrdad; Mehrabi, Hosseinali et al. (2009). Determination of effective factors in happiness of Mobarakeh steel company. *Applied sociology*. (1): 105-118. (Persian)
- O'Sullivan D.M., Zuckerman M., Kraft M. (1998). Personality characteristics of male and female participants in team sports. *Personality and individual differences*, 25(1):119-128.
- Rejeski, W. J. , Brawley . L.R, Shumaker, S.A. (1996). Physical activity and health related quality of life. *Exercise and sport sciences Rewiews*, 24:71-108 .
- Ramzi, S., Besharat, M. A. (2010). The impact of hardiness on sport achievement and mental health. *Procedia Social and Behavioral Sciences*,5: 823-826.
- Jack, S.J., & Ronan, K. R. (1998). Sensation seeking among high-and lowrisk sports articipants. *Personality and individual differences*,25:1063-1083.
- Samadzadeh, M., Abbasi, M., Shahbazzadegan, B. (2011). Comparison of sensation seeking and self-esteem with mental in professional and amateur athletes, and non- athletes. *Procedia Social and Behavioral Sciences*, 1942–1950.
- Salehinezhad, M. A., Besharat, M. A. (2010). Relations of resilience and hardiness with sport achievement and mental health. *Procedia Social and Behavioral Sciences*,5:757-763.
- Babbitt, T., Rowland, G., & Franken, R. (1988). Sensation seeking: Preoccupation with diet and exercise remains. *Personality and Individual Differences*. 11:181-183.